

PATIENT SELF ASSESSMENT RISK FOR HEART ATTACK

1. How old are you?
 - a. 25-35 (1 point)
 - b. 36-45 (1 point)
 - c. 46-55 (2 points)
 - d. 56-65 (3 points)
 - e. 66-75 (4 points)
2. Do you have a family history of early coronary artery disease (a mother or sister who was younger than sixty or a father or brother younger than fifty when he or she had a first heart attack or symptoms of a heart attack)?
 - a. No (0 points)
 - b. Yes (2 points)
3. Do you have high blood pressure (blood pressure equal to or higher than 140/90)?
 - a. No (0 points)
 - b. Yes (1 point)
 - c. don't know (1 point)
4. Do you have diabetes or elevated blood sugar?
 - a. No (0 points)
 - b. Yes (3 points)
5. Are you physically active?
 - a. I accumulate approximately thirty minutes of moderate aerobic activity (walking, going up stairs, vacuuming, dancing, gardening, aerobics, swimming, cycling, spinning, or jogging) almost every day. (0 points)
 - b. I exercise only occasionally; I accumulate thirty minutes of aerobic activity one or two days per week. (1 point)
 - c. I rarely engage in regular moderate aerobic physical activity. (2 points)
 - d. I never engage in moderate physical activity. (3 points)
6. Which of the following best describes your total cholesterol?
 - a. Less than 200 mg/dL (0 points)
 - b. 201-239 mg/dL (1 point)
 - c. Greater than 240 mg/dL (2 points)
 - d. Don't know (2 points)
7. Which of the following best describes your HDL (good) cholesterol?
 - a. Less than 45 mg/dL (2 points)
 - b. 45-49 mg/dL (1 point)
 - c. 50-59 mg/dL (0 points)
 - d. Greater than 60 mg/dL (1 point)
 - e. Don't know (2 points)
8. Which of the following best describes your LDL (bad) cholesterol?
 - a. Less than 100 mg/dL (1 point)
 - b. Less than 130 mg/dL (0 points)
 - c. Greater than 160 mg/dL (1 point)
 - d. Don't know (1 point)

9. Which of the following best describes your triglyceride level?
 - a. 150-999 (mg/dL (1 point)
 - b. 200-250 mg/dL (1 point)
 - c. Greater than 250 mg/dL (2 points)
 - d. Don't know (1 point)
10. Do you smoke?
 - a. Yes (3 points)
 - b. Smoked previously, stopped within the last year (2 points)
 - c. Smoked previously, stopped five years ago (1 point)
 - d. Smoked previously, stopped ten or more years ago (0 points)
 - e. No (0 points)
11. Are you a postmenopausal woman with a history of heart disease or stroke?
 - a. Yes, and I am not on hormone replacement therapy. (2 points)
 - b. Yes, and I am currently on hormone replacement therapy. (1pt.)
 - c. I am not postmenopausal. (I am still having periods regularly. (0 points)
12. On the following chart, find height in the row on the left. Read across the row to the column that equals weight. The box where the row and column cross represents BMI, or body mass index, which is considered a better indicator of "fatness" than weight alone.
 What is your body mass index (BMI)?

a. 18-22 (0 points)	d. 31-35 (3 points)
b. 22-24 (1 point)	e. Higher than 35 (4 points)
c. 25-30 (2 points)	
13. How would you describe the way you handle anger?
 - a. I avoid getting to the breaking point (0 points)
 - b. I yell or slam doors. (1 point)
 - c. I always hold my anger in. (2 points)

Interpreting Patient's Score

1. 0 – Great! You are presently healthy.
2. 1 – 10. You have a low risk, but it pays to investigate the areas where you amassed points and modify your lifestyle accordingly.
3. 11 – 20. You have a moderate risk.
4. Greater than 20. You have a high risk for heart disease. Though you may feel well now, it is suggested that you get a complete physical as soon as possible.

Assess Your Risk for Heart Attack Body Mass Index (BMI) Table:

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height (inches)							Body Weight (pounds)										
	<i>Normal Range</i>						<i>Overweight</i>					<i>Obese</i>					
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61	100	106	111	116	122	129	132	137	143	148	153	158	164	169	174	180	185
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287